



BRINGING A LITTLE COMFORT TO THE TROOPS. SUGGESTED LIST OF ITEMS



SNACKS (preferably single serve) TOILETRIES

Pretzels (canned) Baby Wipes
Pringles Chapstick & lip balm
Trail mix Eye Drops
Chex mix (canned) Shampoo & Conditioner
Cookies (Oreo, chocolate chip, *
Insect Repellent (wipes are good)*
oatmeal raisin etc.) Disposable
Razors & shaving cream
Crackers (Ritz, triscuit, saltines)
Toothbrushes & toothpaste
Granola Bars Dental Floss
Power Bars Mouthwash
Cereal Bars Eyeglass lens cleaning
wipes
Fruit Roll Ups Body wash (liquid)
NO BAR SOAP
Nuts (peanuts, pistachios, cashews)
Kleenex (individual Size)
Sunflower seeds Skin moisturizers
Slim Jims Deodorant

*Beef Jerky * Q-Tips

Hot Chocolate Packets Nail clippers & nail files

Tea Bags Feminine Hygiene Products

Pop Tarts * Athletes Foot Spray or powder*

Easy mac Laundry Detergent (individual size)

Salsa (plastic jars or canned)

* Icy-Hot Gel Packs*

Tuna Fish in a pouch SUNDRIES

Chicken in a pouch Batteries (AAA-AA-D-C-9 volt)

Peanut Butter (plastic jar) Tan Undershirts

Jelly/Jam (plastic jar) Boxers (funny ones)

Single Serve Drink Mixes (kool-aid, crystal light, etc) Crew
socks (black or white)

Yoo-hoo /Chocolate milk (non refrigerated) Word Games

Instant Oatmeal CD's and or DVD's

Cereals (individual serve) Sports, Fashion, Computer Magazines

Chili, Stew, Pastas (individual serve) Comics

Candy (M&M's, sweet tarts, etc.) Ibuprofen, Tylenol etc..

Gum & lifesavers Calling Cards

Single serve condiments (ketchup, mayo,mustard, Pipe Cleaners
salt & pepper, hot sauce etc..) ZIP-LOC BAGGIES _ ALL SIZES

ARE YOU IN !!! Operation Cupid with United For The Troops. It starts now and we pack on January 23. All small valentine favorites, Plenty of valentine cards from all ages and any items from our Wish list. PLEASE SHARE.. Lets get started...message me and we will tell you how to get it to us. Wish list: "UNITED FOR THE TROOPS " We support our troops serving overseas by sending them care packages of items they say they "Miss Most" while they are deployed. We need your help to continue
Email: unitedforthetroops@gmail.com



www.unitedforthetroops.org

Who are United For The Troops?

We are a group of local community members who have organized together for a cause we all truly believe in.

What does United For The Troops Do?

We support our troops serving overseas by sending them care packages of items they say they "Miss Most" while they are deployed.

What do we believe in?

We believe the young men and women serving this great nation are the bravest people in this world and should not go one day without the simple things! **THAT'S IT!**

UNITED FOR THE TROOPS DOES NOT AFFILIATE ITSELF WITH ANY POLITICAL PARTY, NOR DO WE TAKE A POLITICAL VIEW ON THE WAR – WE'RE HERE TO HELP THE TROOPS, BOTTOM LINE!

How can you help?

There are several ways you can help the troops! We are constantly looking for donations, volunteers, and different ideas to help us grow. If you would like to know more or find a "DONATION DROP OFF LOCATION" please visit us at www.unitedforthetroops.org and see how you can help.

.Thanks for listening and God Bless our Troops!

MORE INFO AT:

www.unitedforthetroops.org or call 845 729 4239

EMAIL US AT unitedforthetroops@gmail.com

Please make monetary donations through our website using DONATE using paypal or mail monetary donations to:

United For The Troops

PO Box 242

Shrub Oak, NY 10588

PLEASE TURN OVER

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SUGGESTED LIST OF ITEMS

SNACKS (preferably single serve)

Pretzels (**canned**)
Pringles
Trail mix
Chex mix (**canned**)
Cookies (oreo, chocolate chip,
oatmeal raisin etc.)
Crackers (ritz, triscuit, saltines)
Granola Bars
Power Bars
Cereal Bars
Fruit Roll Ups
Nuts (peanuts, pistachios, cashews)
Sunflower seeds
Slim Jims
***Beef Jerky ***
Hot Chocolate Packets
Tea Bags
Pop Tarts
Easy mac

Salsa (**plastic jars or canned**)

*** Icy-Hot Gel Packs***

Tuna Fish in a pouch
Chicken in a pouch
Peanut Butter (**plastic jar**)
Jelly/Jam (**plastic jar**)
Single Serve Drink Mixes (kool-aid, crystal light, etc)
Yoo-hoo /Chocolate milk (**non refrigerated**)
Instant Oatmeal
Cereals (**individual serve**)
Chili, Stew, Pastas (**individual serve**)
Candy (M&M's, sweet tarts, etc.)
Gum & lifesavers
Single serve condiments (ketchup, mayo, mustard,
salt & pepper, hot sauce etc..)

TOILETRIES

Baby Wipes
Chapstick & lipbalm
Eye Drops
Shampoo & Conditioner
*** Insect Repellant (wipes are good)***
Disposable Razors & shaving cream
Toothbrushes & toothpaste
Dental Floss
Mouthwash
Eyeglass lense cleaning wipes
Body wash (liquid) **NO BAR SOAP**
Kleenex (individual Size)
Skin moisturizers
Deodorant
Q-Tips
Nail clippers & nail files
Feminine Hygiene Products
*** Athletes Foot Spray or powder***
Laundry Detergent (individual size)

SUNDRIES

Batteries (AAA-AA-D-C-9 volt)
Tan Undershirts
Boxers (funny ones)
Crew socks (black or white)
Word Games
CD's and or DVD's
Sports, Fashion, Computer Magazines
Comics
Ibuprofen, Tylenol etc..
Calling Cards
Pipe Cleaners
ZIP-LOC BAGGIES _ ALL SIZES

*** Red Container in the Lobby ***

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** Pickup will be Fri., Jan. 22, 2016 **